WHAT'S FRESH *NOW* August 24, 2005

It's here! It's delicious! And it's Puget Sound Fresh!

The time is ripe to enjoy fabulous produce from right here on our local farms.

New in the grocery stores, farmers markets and farm stands this week, you will find the first of our local corn….sweet and ready for your favorite recipes. Look for white or yellow varieties, fresh from the fields every day. Just pop it in boiling water for about 1 minute and you'll have one of our favorite summer treats.

Check out the rest of our local produce at one of the 70 farmers markets in the Puget Sound region. Find the one closest to you at www.pugetsoundfresh.org.

Plus – many of our local farms have their own farm stands where you can buy the freshest produce every day. You can find farm stands, and specific farms and crops at www.pugetsoundfresh.org.

And don't forget to enter the Get Fresh Contest on the Web site.
You can win wonderful, delicious and valuable prizes, including:
Gift Cards to Larry's Markets
Gift Cards at Safeway Stores
A Catering Tray for 12 from Herban Feast Catering
Gift Certificates to Bambuza Bistro
Gift Certificate to Primo Grill

Cooking Classes at PCC Natural Markets
Cooking Class at Culinary Communion

For details, and to enter, visit www.pugetsoundfresh.org

Now – Here's what's fresh NOW from our local farms:

Corn – lots of varieties
Lettuces – and fabulous salad mixes
Green Beans – several varieties, including Blue Lake
Cauliflower
Green Onions
Garlic – standard, tangy and Elephant varieties
Tomatoes
Celery
Broccoli
Blackberries, Blueberries, Raspberries (red and gold)
Summer Squashes
Sugar Snap Peas
Mustard Greens
Cabbage – red and green
Radishes
Zucchini (of course!)
Potatoes – Red and Yellow Finn, fingerlings and more – the first of the
season
Cucumbers
Asian Vegetables
Herbs
Carrots
Eggs
Poultry
Pork and Beef
Gorgeous flowers

Honey

And…try some of our Puget Sound Grown wines, made from grapes grown in the Puget Sound Fresh region.

For complete information on local farm products, visit: www.pugetsoundfresh.org

You'll find directions to the farms, details and directions to all our local farmers markets, a harvest calendar and lots more.

Here is a delicious way to enjoy our **PUGET SOUND FRESH** summer vegetables:

Summer Squash and Corn Pasta
serves 4
----
4 to 6 Small Summer Squashes (zucchini, pattypan, etc.)
5 to 6 ears Sweet Corn
1 handful Cilantro Leaves
2 cloves Garlic
2 tbsp. Butter
1/2 Jalapeño Pepper
4 tbsp. Water
3 tbsp. Olive Oil
1 pound Fresh, Thin Fettuccine
Salt and Pepper
1/2 Lemon
----
1. Cut the squashes into small dice. Cut the corn kernels from the cobs. Peel and chop the garlic fine and chop the jalapeño fine.

2. Sauté the squash in olive oil until tender & a little brown; season with salt & pepper. Add corn, garlic, and jalapeño to squash. Continue cooking a few minutes more.

3. Finely chop the cilantro, reserving some leaves for garnish. Add the cilantro, butter, and water to the pan. Taste, and correct the seasoning.

4. Boil the fettuccine, add it to the pan, and toss all together. Add a squeeze of lemon if the corn is very sweet. Serve immediately, garnished with the reserved cilantro leaves.
From Whistling Train Farm, Kent

HERE'S HOW TO FIND OUR LOCAL FARMERS MARKETS: [Farmers Markets](#)

To find the best in local produce, visit any of our Puget Sound Fresh "Partners" restaurants and retailers who feature local, fresh products from our local farms.
For a list of our "Partners" see: Puget Sound Fresh ["PARTNERS""](#)

Puget Sound Fresh is a program of [Cascade Harvest Coalition](#), with support from King and Snohomish Counties. If you no longer want to receive this email, please respond to: pugetsoundfresh@aol.com and we will remove your name.
Names and email addresses from this list are not shared with any other group and will not be used for any other purposes than providing you with information on what is fresh from our local farms.